



## RICE, WHITE, ENRICHED, MEDIUM GRAIN

Date: April 2009

Code: B517, B527

### PRODUCT DESCRIPTION

- Medium grain white rice is U.S. No. 2 or better. It has added iron, thiamin, niacin, riboflavin, and folic acid, and may also have added vitamin D and calcium.

### PACK/YIELD

- Medium grain rice is packed in 2-pound packages, which are about 13 servings (½ cup each) of cooked rice.
- B517: 2-pound packages
- B527: 2-pound packages

### STORAGE

- Store unopened packages of rice in a cool, clean, dry place.
- After opening, keep package tightly closed.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### PREPARATION/COOKING

- Bring 1¾ cups water to a boil in a medium pot.
- Add 1 cup medium grain rice. Bring to boil again.
- Reduce the heat to low, cover, and cook 15 minutes or until water is absorbed.
- Fluff with a fork before serving.
- 1 cup of dry rice will make about 3 cups cooked rice.

### USES AND TIPS

- Rice is a great side dish for meat, poultry, fish, and vegetables.
- Rice can be used in recipes for soups, casseroles, or salads.
- Medium grain rice is best used in recipes such as puddings, risotto, and stir-fries.

### NUTRITION INFORMATION

- ½ cup of cooked medium grain rice counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: ½ cup (79g) enriched medium grain white rice, cooked

#### Amount Per Serving

Calories		100	Calories from Fat		0
% Daily Value*					
Total Fat 0g			0%		
Saturated Fat 0g			0%		
Trans Fat 0g					
Cholesterol 0mg			0%		
Sodium 0mg			0%		
Total Carbohydrate 22g			9%		
Dietary Fiber 0.5g			1%		
Sugars 0g					
Protein 2g					
Vitamin A		0%	Vitamin C		0%
Calcium		0%	Iron		6%
*Percent Daily Values are based on a 2,000 calorie diet.					

## SPANISH RICE

**MAKES ABOUT 4 SERVINGS**

### Ingredients

- 1 tablespoon vegetable oil
- 1 large onion, chopped
- 1 garlic clove, chopped
- 1 red chili pepper, seeds removed and chopped
- 1 teaspoon ground ginger (if you like)
- 1 tablespoon tomato paste
- 1 ½ cups medium grain white rice, uncooked
- 1 can (about 15 ounces) tomatoes
- ⅓ cup vegetable broth
- ⅓ cup water
- 1 teaspoon sugar

### Directions

1. Heat oil in a large pan. Cook the onion until soft. Add garlic and chili and stir through for 1 minute.
2. Stir in tomato paste and cook for 1 minute. If using ginger, add that too.
3. Add rice, tomatoes, broth, water, and sugar. Bring to a boil, reduce the heat, and simmer 15 minutes or until rice is soft.

Nutritional Information for 1 serving (about 1 cup) of Spanish Rice					
<b>Calories</b>	300	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	6 g
<b>Calories from Fat</b>	40	<b>Sodium</b>	410 mg	<b>Protein</b>	6 g
<b>Total Fat</b>	4 g	<b>Total Carbohydrate</b>	61 g	<b>Vitamin A</b>	16 RAE
<b>Saturated Fat</b>	0.5 g	<b>Dietary Fiber</b>	3 g	<b>Vitamin C</b>	29 mg
				<b>Calcium</b>	50 mg
				<b>Iron</b>	4 mg

*Recipe adapted from Receipezaar.com.*

## BREAKFAST RICE WITH APPLES

**MAKES ABOUT 4 SERVINGS**

### Ingredients

- 2 cups medium grain white rice, cooked
- 1 cup plain low-fat yogurt
- 1 tablespoon pancake syrup or sugar
- 1 apple, peeled, center removed, and chopped
- 1 teaspoon cinnamon
- 2 tablespoons raisins

### Directions

1. Add all ingredients in a medium bowl. Stir well.
2. Cover and chill in the refrigerator overnight. Serve cold.

Nutritional Information for 1 serving (about ¾ cup) of Breakfast Rice with Apples					
<b>Calories</b>	210	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	9 g
<b>Calories from Fat</b>	10	<b>Sodium</b>	50 mg	<b>Protein</b>	6 g
<b>Total Fat</b>	1.5 g	<b>Total Carbohydrate</b>	45 g	<b>Vitamin A</b>	1 RAE
<b>Saturated Fat</b>	0.5 g	<b>Dietary Fiber</b>	2 g	<b>Vitamin C</b>	2 mg
				<b>Calcium</b>	128 mg
				<b>Iron</b>	2 mg

*Recipe provided by USDA FNS, Distribution Division, 2009.*